

BREAKFAST

Bagels

Gourmet Cream Cheese Bagel 460 Cal. \$4.39

Gourmet Bagel w/ Butter & Jelly 460 Cal. \$3.39

Super Bagels

Cinnamon Crunch 540 Cal. \$4.09

Asiago Bagel 520 Cal. \$4.09

W/ Cream Cheese or Butter & Jelly \$5.39

Breakfast

Supreme Sunrise 820 Cal. \$7.99

Scrambled egg, bacon, sausage and American cheese served on a plain bagel

St. Louis Sunrise 610 Cal. \$6.29

Scrambled egg, choice of meat and American cheese
Served on a plain bagel

Jalapeno Breakfast Sandwich 400 Cal. \$6.29

Egg w/ham & Cheddar cheese on a Jalapeno Cheddar bagel

Asiago Omelet 725 Cal. \$8.79

Egg w/roasted red pepper, turkey and Parmesan cheese
on an Asiago bagel

Calorie counts are based off a plain bagel unless otherwise specified



DELI SANDWICHES

Made To Order

Served on your choice of bagel or baguette

Turkey 475 Cal. or Ham 475 Cal.	\$10.99
Lettuce, tomato, onion, mayo, mustard and choice of cheese	
Chicken Salad 455 Cal.	\$10.99
Chicken, Lettuce, tomato & onion	
BLT 530 Cal. (Double Bacon Add \$3.50)	\$10.99
Crispy bacon, lettuce, tomato & mayo	

Specialty Sandwiches

Served on your choice of bagel or baguette

Italian Trio On Asiago 770 Cal.	\$12.09
Ham, salami, pepperoni, Provolone cheese, lettuce, tomato, onion, Italian dressing served on an Asiago bagel	
California Turkey 575 Cal.	\$12.09
Turkey, Provolone cheese, cucumber, lettuce, tomato, cucumber cream cheese	
Turkey Bacon Ranch Melt	\$12.09
Turkey bacon, melted cheddar cheese, lettuce, tomato, onion, Ranch dressing served on an Asiago Bagel	
Veggie Supreme 440 Cal.	\$10.99
Roasted red pepper, lettuce, tomato, red onion, cucumbers, veggie cream cheese, vinaigrette dressing	
Lox & Cream Cheese 440 Cal.	\$13.19
Premium smoked salmon, choice of cream cheese, tomato, onion and capers	

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PANINI & WRAPS

Panini

Served on a baguette

Turkey Club Panini med Cal

Turkey, bacon, tomato and Provolone cheese

\$12.09

Chicken Pesto Panini med Cal

Chicken, pesto sauce, roasted red peppers and Swiss cheese

\$12.09

Cuban Panini med Cal

Sliced pork, ham, pickle slices, Swiss cheese and mustard

\$12.09

Ham & Swiss Panini med Cal

Ham and Swiss cheese

\$12.09

Grilled Cheese Panini med Cal

Choice of cheese and butter

\$9.89

Wraps

Served on Tortilla

Chicken Caesar Wrap med Cal

Grilled chicken, lettuce, Caesar dressing, Parmesan cheese

\$10.99

Turkey BLT Wrap med Cal

Turkey, bacon, lettuce, tomato & mayo

\$12.09

Chicken Choice

Chicken Caesar Sandwich med Cal

Chicken breast on an Aslago bagel w/Caesar dressing, Parmesan cheese, lettuce & tomato

\$10.99

Chicken Breast Sandwich med Cal

Chicken breast, lettuce, tomato & mayo

\$10.99

On Aslago

\$1.39

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